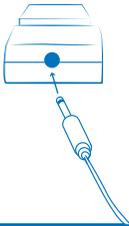


## 1 Charge your Device

Make sure your muscleBAN has enough battery to complete a task before using it; while charging a green light will turn on, which turns off automatically when the battery is fully charged.



To fully charge your muscleBAN, connect it to the provided charger until the light turns off.

## 2 Download APP

Go to one of the following



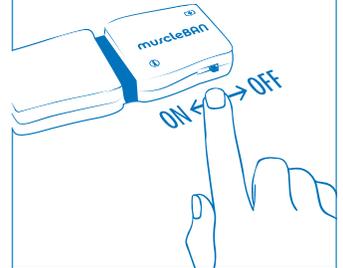
and install the app in your device.



Search for "physioplux GO".

## 3 Turn On muscleBANs

Slide the switch to the ON position. You should see a blinking green light under the  icon when the device is on.



If any other light is shown, please refer to the product manual for more information.

## 4 Launch the App



Go to **SETTINGS** & click **PAIR DEVICES**.

Select your role between:

**Physiotherapist, Personal Trainer or Athlete.**

The role setting defines the rules for repetition counting and report text

Click **DONE**

Bluetooth pairing outside the app is not required.

## 5 Calibrate the Devices



Select one of the available methods:

### Dynamic method

collect maximum voluntary contraction (MVC) values by applying resistance to each muscle & press **STOP** when complete.

### Manual method

Input desired  $\mu V$  values for each device in the corresponding fields.

Remember that each device has its own calibration. You must choose a method to calibrate both.

## 6 Set Objectives

Drag the vertical bars (% of the MVC) or set objectives by clicking the circles



and typing in the desired values. Define goals to promote activation using (**>**) or (**<**) to promote relaxation for each sensor.

Press **PLAY** to start biofeedback training.

Use the  button to set audio / vibration options for a single device. Feedback is given either when the bars are green or red.



Flip your device **orientation** to swap between the **line chart** and the **bar chart** views.

Questions? Contact us at [support@plux.info](mailto:support@plux.info)